#143
January 2025

The CRAZY WISDOM Monthly

Vicky Lovell & Danielle Groth
of Angel Whispers Healing Center

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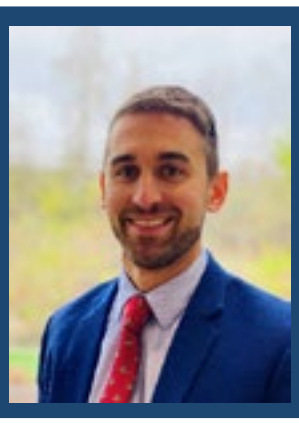

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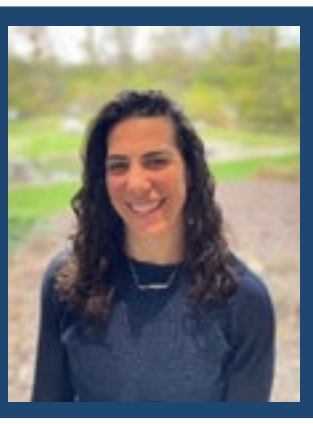

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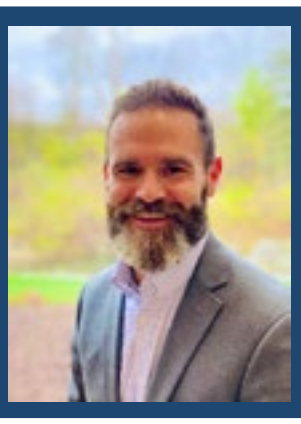

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Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Crazy Wisdom Community Journal is looking for an Ad Sales Associate. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important. $25 per hour base pay, plus solid commission fees above a certain level of ad revenue. **Room to grow the base pay** (and the commisions).

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Word of the Month

Solipsism

Extreme preoccupation with and indulgence of one's feelings, desires, etc.

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Winter Issue of *The CW Journal* available now!

The Crazy Wisdom Community Journal

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- Oracle of Dodona
- Freebirth
- Michigan's Medicinal Herb Supply ...and more!

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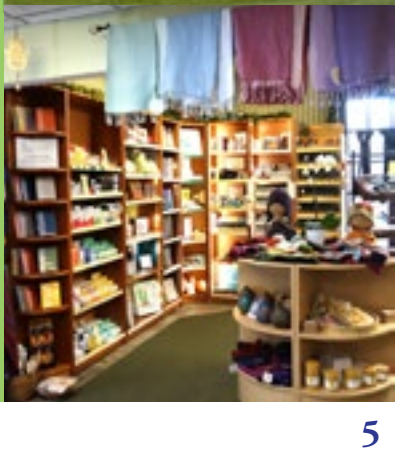

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From Our Cover

a MOMENT WITH THE WONDER TWINS

By Samantha Beidoun • Photos by Hilary Nichols

I recently met with Danielle Groth and corresponded with Vicky Lovell, two of the co-founders of Angel Whispers Healing Center in Dexter. Angel Whispers aids in helping individuals and families in mind, body, and spirit. They are in the process of moving into a new space on Baker Road that will be home to an even larger collective for grief care, acupuncture, reiki, worship, and other healing modalities.

How would you describe the mission of Angel Whispers?

Danielle Groth: Angel Whispers Ministries is a 501(c)(3) federal non-profit dedicated to teaching individuals, families, and children the importance of self-love and finding wholeness in mind, body, and spirit through blending faith and energy medicine practices.

How did Angel Whispers get its name?

Vicky Lovell: When my son, Charlie, was four years old, he had to have a tonsillectomy. Before the surgery he asked my dad if he knew who would be with him in surgery, my dad responded with, "Yes, your mom!" And Charlie's response was, "No, the guy in the sky, the creator of us all!" Our family thought his response was adorable. Little did we know it was prophetic.

He did well during surgery but while I sat with Charlie in recovery, his face turned blue, the sounds of the machines went off, mayhem ensued, and Charlie flatlined. While I was holding the lifeless body of my child, the panicked room included nurses crying and one stabbing his little leg with different shots. Finally, a calm nurse entered the room, placed her hand on my shoulder and whispered into my ear, "May I try one more thing?" She proceeded to put an epinephrine mask on my son. His eyes blinked open and the machine showed his heart had resumed beating. Charlie stroked my cheek and said, "That was so peaceful."

OUR FAMILY THOUGHT HIS RESPONSE WAS ADORABLE. LITTLE DID WE KNOW IT WAS PROPHETIC.

At that moment our lives changed. I knew it was an angel who whispered into my ear and saved my son's life. After that I went and wrote Angel Whispers on a piece of paper. I knew I was meant to do something to help people feel the same peace that I felt in that moment which was also the scariest moment of my life. Here we are 16 years later, and we have pursued this calling where we help people reach wholeness in mind, body, and spirit which leads to the peace that we are all seeking in our lives.

What were the pivotal moments that turned you to these modalities?

Danielle Groth: It's a story I never would have imagined. My son was diagnosed with autism just after his second birthday. We had only recently been relocated to Germany for my husband's job. I learned so much about holistic health while living in Germany. My family became cognizant of the foods we ate and the ingredients in the products we used. We spent more time playing outside and enjoying a slower pace of life. We found homeopathy and then used it to find my son's voice. We moved home (to Saline) when specialized schooling and English became necessary for my son's success. Before we moved home, I had been chasing down an illness of my own, but doctors were unable to diagnose me with anything. My labs were always in the normal range, but I never felt well. The only thing each doctor agreed upon was that I was tremendously stressed and suggested I exercise, lighten my load, delegate, etc. I honestly tried, but life just kept throwing things my way that I could not control or ignore, much less delegate. Then in early 2016, three days after my 47th birthday, the biggest surprise of my life knocked the wind out of me: I was diagnosed with breast cancer. The stress had won. I was broken physically and mentally. That's where Reiki, EFT (emotional freedom technique), and VST (vibrational sound therapy) found me.

Reiki helped me find healing and my health and life turned around. I left my first Reiki session feeling so happy and uplifted. However, I was skeptical. How could placing hands over my body bring me such peace and relaxation? Nevertheless, I went back for a second session. This time I left feeling hopeful. By the third session, I knew I needed to learn Reiki for my own self-care and my family would certainly benefit. Since becoming a practitioner, I am more relaxed, my cortisol levels are in the normal range, and I have found joy again in my life. Most importantly, I am healthy and cancer free! Reiki also helped me find EFT, meditation, and Vibrational Sound Therapy by opening up my awareness to other stress relieving modalities. My whole family benefits and now I share my knowledge and healing with others.

We all have the Divine within us, so spirituality is beyond religion, doctrine, and rules, and is more about connecting with the love that resides within us knowing that we all come from the source of Love to love.

How did the three co-founders of Angel Whispers meet?

Vicky Lovell: I was the associate pastor at Zion Lutheran Church where Dan McConnell [the third founder of Anel Whispers], and Danielle were longtime members. We met there and realized that we were brought together for a purpose.

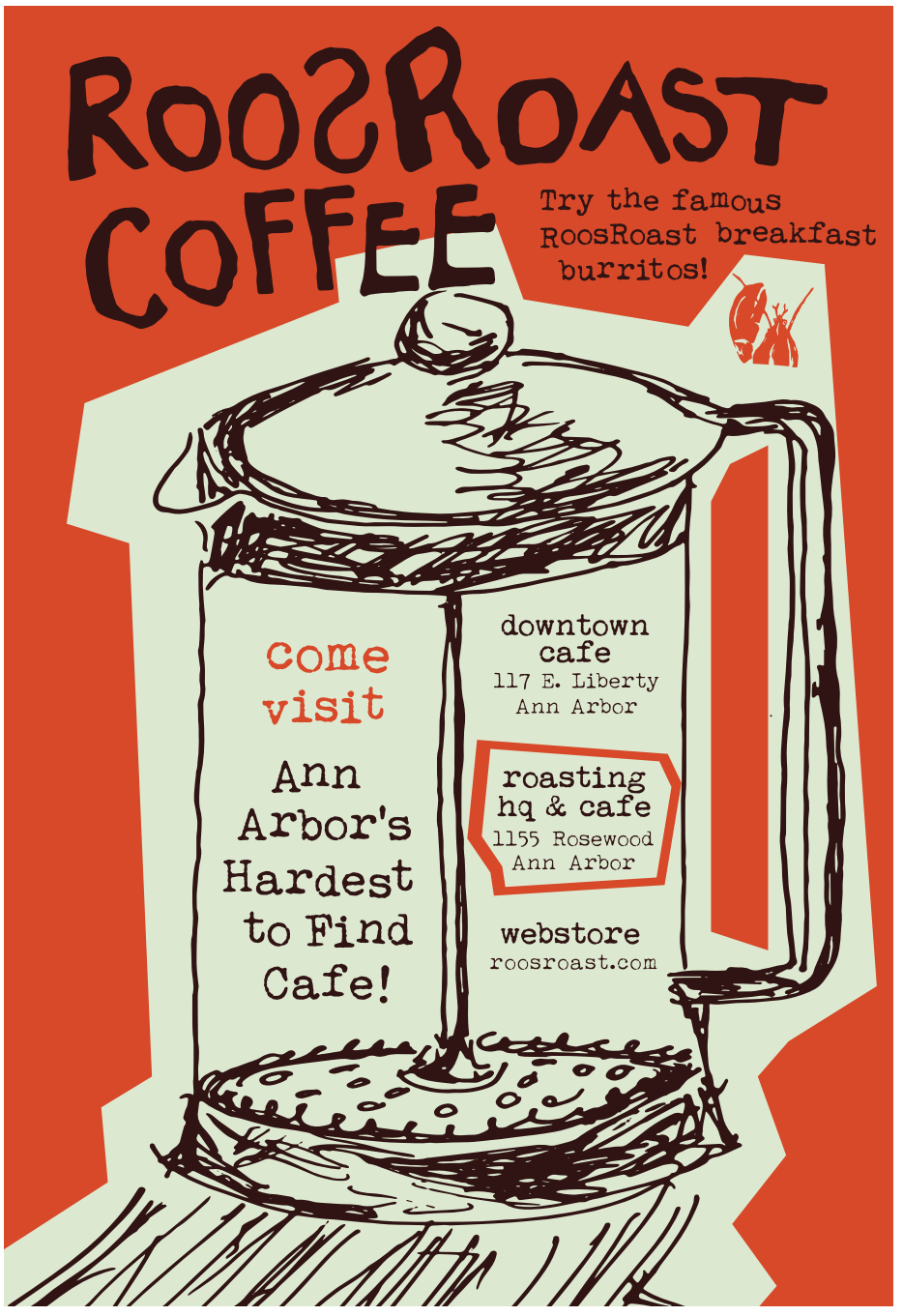
How were you and Vicky coined "The Wonder Twins?"

Danielle Groth: Vicky and I started seeing a friend, who had cancer, together (usually we would see people individually). I offered sound therapy and reiki, and Vicky offered prayer. After one hospital session in particular, we all witnessed a very profound healing experience. While marveling about how awesome God is, Vicky and I joked about how it felt to put our two energies together. It reminded us of a cartoon duo from our childhood called "The Wonder Twins." We joked about it with others, and they all laughed as it was so fitting. The name stuck and we decided to trademark and go with it!

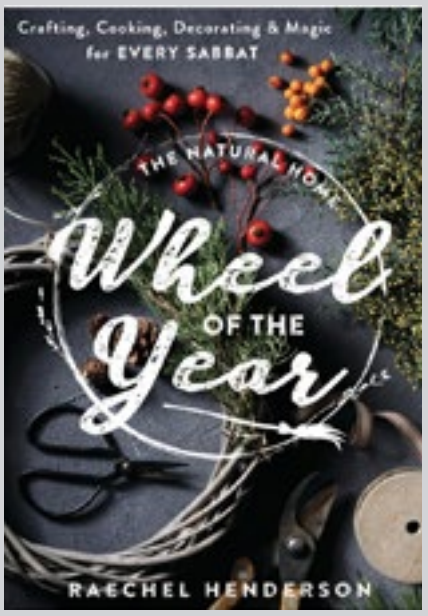
How do you define spiritually?

Vicky Lovell: I believe spirituality is a person's personal relationship with the divine. We all have the divine within us, so spirituality is beyond religion, doctrine, and rules, and is more about connecting with the love that resides within us knowing that we all come from the source of Love to love.

Angel Whispers Healing Center is located at 3045 Baker Road in Dexter. Feel free to visit during business hours to check out what the place is all about or call (734) 276-2682. More information can also be found at www.angelwhispers.org.



CW Book Picks of the month



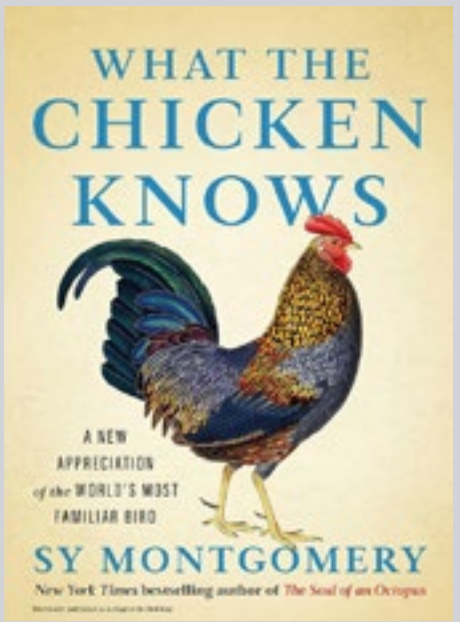
Recipes, Crafts & Activities to Inspire Your Creativity and Bring More Meaning to Every Season

Welcome natural energies into your life with vibrant wheel of the year traditions that encompass your whole home. For each sabbat, Raechel Henderson features sections on low-cost activities, inspiration for your seasonal altar, journal prompts, food recipes, decoration ideas, and more. Choosing from more than 160 suggestions, you can:

Mix spicy incense - Bake oatmeal cranberry cinnamon chip cookies Draw milk baths - Shape ice lanterns - Scry with ink and water Crystalize flowers with sugar - Build insect hotels - Sew ribbon garland Conduct a garden water blessing - Leave offerings for the faeries Brew ginger beer - Infuse honey with herbs - Concoct pomegranate dye Create acorn runes - Arrange a dried citrus wreath

With color photos and an ecofriendly emphasis on found and foraged materials, Raechel teaches a nature-based approach to the sabbats that builds meaning in the spaces left barren by modern life. Her many sustainable ways to enjoy seasonal themes and lessons offer new perspectives and the opportunity to enrich your life at each turn of the wheel.

Purchase your copy of Wheel of the Year at shopcrazywisdom.com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A charming and eye-opening exploration of the special relationship between humans and chickens from Sy Montgomery, "one of our finest chroniclers of the natural world" (The New York Times).

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In this short, delightful book, Sy takes us inside the flock and reveals all the things that make chickens such remarkable creatures: only hours after leaving the egg, they are able to walk, run, and peck; relationships are important to them and the average chicken can recognize more than one hundred other chickens; they remember the past and anticipate the future; and they communicate specific information through at least twenty-four distinct calls. Visitors to her home are astonished by all this, but for Sy what's more astonishing is how little most people know about chickens, especially considering there are about twenty percent more chickens on earth than people.

With a winning combination of personal narrative and science, What the Chicken Knows is exactly the kind of book that has made Sy Montgomery such a beloved and popular author.

Purchase your copy of *What the Chicken Knows* at shopcrazywisdom.com

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- A potion, ritual, or recipe idea for each herb
-
- Practical tips for how to harness every herb's wild, earth-given medicine

Beautifully produced, this charming and informative guide is a must for everyone interested in the healing and magickal properties of herbs.

Purchase your copy of Wild Medicine at shopcrazywisdom.com

By Lynda Gronlund

Psychologist Katherine Munter, PsyD MEd LP ATR expanded her art therapy practice and moved into a new space on Washtenaw Avenue in Ann Arbor.

During the Covid19 pandemic, Munter said that her belief that connection is vital sharpened. While many of her fellow therapists were content to keep meeting clients online only, she wanted to return to in-person sessions for at least part of the time. Munter has taught and worked at schools, hospitals, and nursing homes with all ages from young children to the elderly. She helps people express themselves through diverse mediums, including collage, paint, pastel, colored pencils, and clay. What medium is used depends on the person's interests and preferences. Sometimes, patients work with large rolls of paper for big pieces, and other times their projects are much smaller. Art therapy, explained Munter, is "more about the process than the final product." She meets everyone where they are whether they have no experience in art or are highly trained. She works with neurodiversity, aging, and trauma. "We often work in a verbal realm," she said, but sometimes working nonverbally through art can "show us things we don't put into words." Sometimes trauma happens to us before we have words to describe it, and sometimes things are painful to put into words. Art therapy, she said, can be inherently soothing, making it helpful for those with anxiety. It forces focused attention on the project in front of you, so it can be helpful for those with ADHD to build focus and concentration. It can help with critical thinking skills and creative problem solving and with resilience and moving through the discomfort of a problem in front of you.

Munter has welcomed colleagues Kemara Allen, LPC NCC MA and Anna Vantsevich, LLPC to the practice which is called Creative Life Therapy. Allen had been working in the prison system, mainly doing traditional counseling, and had a desire to do more with art therapy which her training had focused on. Munter explained that art therapy does not have a license, so art therapists have to be licensed as counselors with additional training in art therapy. Vantsevich will be working virtually with patients as well as in person in the practice's other office located in Howell.

The new Ann Arbor office has three offices and a larger room with a table that can accommodate small groups. It has free parking, is on the bus line, and is handicap accessible—all factors Munter said were important to her. The practice accepts insurance and self-paid patients and does offer a sliding fee scale. Prospective patients can begin with a free phone consultation to learn more and decide whether it is a good fit. In person and virtual sessions are offered.

Creative Life Therapy's office is at 2350 Washtenaw Suite 2, Ann Arbor, MI 48104. Their website is creativelifetherapy.com. Katherine Munter can be reached by email at katherine@creativelifetherapy.com or by phone at (734) 707-8420.

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From Black And White To Color: An Artist's Evolution

By CW Monthly Staff

Ann Arbor artist, Veta McFall, had spent the last few years painting very dramatic, meticulous, black and white portraits of people and animals. Working as a professional artist majority of her life, McFall found herself procrastinating orders, wondering, "Is this even what I am supposed to be doing? Shouldn't I enjoy the process more? If I'm supposed to love this, then why am I procrastinating?" A course correction happened spontaneously. "I had gotten home late, still dressed up after a party, and I had a sudden urge to paint."

But that night, still wearing her heels and fancy dress, McFall began painting with her bare hands on a huge canvas. This time she wasn't confined to her brand of black and white portraits, and it was an explosion of color. "I couldn't stop. It felt so good."

That night, McFall painted five paintings and titled each of them with a number. Thus began the "1985 Series," named after McFall's birth year. "My Vision for 'the 1985 Series,' is 100 completed pieces hanging across huge warehouse walls, and the project, per se, is a visual representation of the year-long evolution of a person. Each painting's title is the number of order in which they were finished," McFall said. "I want the abstract painting to allow the viewer to create their own title and meaning. Whatever they see or feel, that's it. I didn't want to force [the image of] sunsets and landscapes on people."

In her new genre of colorful, abstract painting, McFall works with her hands, not tiny paint brushes, as she did before. She's intentionally challenging herself to not expect an outcome or have control, but rather, being "entertained" by how it emerges in front of her. "It's like a birth. I don't control what is born, and I am genuinely excited to see how it turns out! I'm so entertained! I'm never bored!"

Aside from commissions, McFall taught at the Rudolf Steiner High School in Ann Arbor, a Waldorf School, and also taught adult art classes. "For 12 years, teaching felt like the brightest hours of my week. I thrived on all of it. A year ago, I found myself feeling different. I decided to follow my intuition, retired from teaching, and put a hold on accepting commissions. I wanted to develop a new "genre" of my art. I didn't know what, I just knew I wanted to feel passionate. When I started painting like this, I thought 'This feels right. I'm going to follow it.' I started having awareness of how I felt physically, while painting. I had never understood people when they said they have feelings or paint therapeutically." All McFall had felt was the demand for precision, excellence in execution, stress from orders, pleasing clients, and procrastination. "When I realized that, I thought, that's not a fun way to live! So, what better way to "feel" my art than to just feel the paint with my bare hands?"

McFall had a confession: her ego wanted to show off her technical skills, not her finger painting. "Somehow it felt important to me. I committed to challenge my ego to let that go and thought to myself 'I'm not painting this for anyone. No one has to like it. No one has to buy it. Just paint'." This certainly drew in her audience even more, with countless inquiries about purchasing. But McFall isn't selling…yet.

McFall plans for an October 2025 exhibit/reception in Ann Arbor, with the full 100 piece "1985 Series." It will be at this reception that guests can view and purchase the original artwork. Her IG reels show the process of creating each piece, and it seems more and more of McFall's personality is coming through in the videos. Her biggest fans are her younger children, who frequently visit her art studio. "I love when their little heads make it into the videos. They give me the most genuine compliments." Follow Veta's evolving artwork on IG and her website www.VETAART.com.

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Connection

By Katherine Munter

"The task we must set for ourselves is not to feel secure, but to be able to tolerate insecurity." -Erich Fromm

Under a rising full moon, the sky a delicious pink and blue, I tied a blindfold over my eyes. Then I filled my lungs with the icy air and called out, "love." The cheery voices of my daughters responded in unison, "you." I turned my head toward the sound and took a few slow steps, calling "love" and heard back, "you." I listened to the creaking of the frozen branches to my left, the sound of the snow crunching beneath my boots. I easily followed the sound of two young voices gleefully giggling. I trusted my body, sure in my steps. I called out to them again, "love," and soon heard back, "you."

We'd been learning about the ocean, and they were curious how noise pollution could impact whale communication and navigation. I invited them to play a game where we'd go outside and take turns vocally leading one another blindfolded. First, in the natural environment and then with loud music playing.

When the music started, my older daughter started spinning in circles, saying she didn't know which way to turn. Then she hung her head and let her limp body fall back into the snow. Laughing, she said, "Oh, I get it now." On her turn, the youngest squealed with delight, yet pulled the blindfold from her face and quickly ran into my arms. Then it was my turn.

I put the blindfold back on, and music pounded into the silence above my head. I lost the sound of the branches, and my heart jumped in my chest. I knew where I was and that I was safe, yet I felt anxious and disoriented. Not wanting to take a step yet forcing myself, I stumbled only two steps into the snow before asking to stop the music.

In a time when our sense of peace is continually disrupted, we can feel helpless and disoriented. When we're overwhelmed, it's challenging to decide which direction to move. Our insecurity and fear can be a distraction, the voice that drowns out the trust we have in our own step. As soon as we say we can't, we suffocate our willingness to try.

The sound game became an opportunity to lean into my fear and find a path through the seemingly impossible. I took a breath, put the blindfold back over my eyes, and tried again. My heart grew tense, I thanked it for trying to keep me safe, and I blew my insecurity out, opening space for a new breath. I imagined my negative thoughts circling over me, the whispers becoming a murmuration, spiraling over the trees.

Oh yes, the trees! The branches were still to my left. My feet still sunk into the snow, and I trusted that the voices were there, even if I couldn't hear them. "Love… Love… Love…" I called, and I listened harder. Tucked under a wingbeat, the voices of my loves carried me forward "You."

Closing your eyes and trusting yourself, what is one step that you'd like to take today?

Katherine Munter is a clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. www.CreativeLifeTherapy.com

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"I can say beyond a doubt that my reading with Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!" Hallie S., Salt Lake City, Utah

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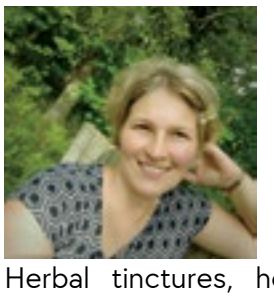

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Calendar edited by Kaili Brooks

Animals and Pets

Basic Animal Communication with Judy Liu Ramsey • Saturday, January 25 & Sunday, January 26, 2025 • 9 a.m. to 5:00 p.m.• Learn to communicate with animals telepathically, the way they communicate to each other; be fully supported to open your own telepathic skills for a closer relationship with your beloved animal companions. Class is online via ZOOM. $180 per person, $90 for repeat students. For more information contact Judy at info@judyramsey.net or visit JudyRamsey.net.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, February 4, 11, 18, 25, March 4 & 11 • 7 to 9:00 p.m. • Learn the difference between telepathic and shamanic animal communication; learn how to apply the best of both in an integrated way. Join us for this deeply spiritual exploration of communication. Knowledge of telepathic communication not required. Optional mentoring sessions are offered with this class on Mondays following. Class is online via ZOOM. $300, $150 for repeat students. For more information contact Judy at info@judyramsey.net or visit JudyRamsey.net.

Art and Craft

Buddhist Art as a Vehicle of Enlightenment with Glenn Mullin • Saturday, January 11 & 18 • 10:00 a.m. to 1:00 p.m. An immersive and experiential experience into the forms of art used as meditational tools in various Buddhist traditions around the world, with special emphasis on the use of sound, movement, and the visual arts; including the use of visualized art forms used in mandala meditation for arousing the primordial mind of natural enlightenment. Online only. $120 Jewel Heart Members/$150 Non-Members. Pay what you can--no one turned away. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Mindful Explorations at Crazy Wisdom: Nikki Nanos on Art as Mindfulness • Thursday, January 16 • 7 to 8:30 p.m. • Join us and explore an engaging way of viewing, experiencing, and holding space for art. You will mindfully gain a new appreciation for art while viewing an artist's use of color, texture, and lines to expand your consciousness. Let your inner child ask, "Why?" Be curious and liberate your imagination. For more information visit nikkinanos.com or email events@crazywisddom.net.

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Candle Pouring Workshop & Scentsy Bingo with Yuliya Koval and Tina Miller • Sunday, January 26 • 4 to 7:00 p.m. • Have you ever wanted to create your own beautiful, scented candles? Here's your chance! Learn from experts while supporting our local youth musicians. You'll learn professional candle-making secret, all about waxes, wicks, and fragrances, color blending techniques, safe pouring methods, expert tips and tricks. While your handcrafted candle sets, join us for: Scentsy BINGO with fantastic prizes and refreshments while you mingle. 100% of proceeds support the Plymouth Fife and Drum Corps. $45. For more information visit yuliyasnaturals.com.

HeArt to Art: Painting & Mindfulness with Maureen Pizzuti • Saturday, February 15 • 1 to 4:00 p.m. • Join artist Maureen Pizzuti on a journey into the process of intuitive creativity. We'll tap into your heart's essence with a meditation, allowing it to present itself on the canvas where you'll create a meaningful painting. The experience will leave you feeling grounded and alive. No experience necessary. All supplies included. $48. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Mindful Explorations at Crazy Wisdom: Katherine Munter on Art Therapy • Thursday, February 20 • 7 to 8:30 p.m. • We welcome you to learn more about the healing potential of art therapy. Join us for a talk and group art experience. The focus of art therapy is on discovery, meaning-making, creation, and personal growth. It's the process—not the final product—that is vital. For more information contact Katherine at katherine@creativelifetherapy.com or email events@crazywisddom.net.

Author Events

Author Talk with George Balarezo • Wednesday, January 8 • 7 to 8:30 p.m. • Discover raw adventure as George Balarezo talks about his award-winning book, *Unhinged in Ethiopia: Two Thousand Kilometers of Hell and Heaven on a Bicycle*. Balarezo's gripping tale about his solo, unsupported cycling expedition across Ethiopia in 2019 will leave you inspired to go on your own life-changing journey. FREE. For more informationemail events@crazywisdom.net.

Author Talk with Cat Robinette • Wednesday, January 22 • 7 to 8:30 p.m. • Catharine Robinette shares insights from her new book, *Heal the Water*. Explore water's ancient spiritual significance, its role in healing, and the vital connection between women and water stewardship in Indigenous cultures. Discover how to protect and honor this sacred resource today. Q&A and book signing to follow. FREE. For more information contact Cat at catmetaphysicalvibrations@gmail.com or email events@crazywisdom.net.

Author Talk with Catherine Carr • Wednesday, February 26 • 7 to 8:30 p.m. • *World Soul: Healing Ourselves and the Earth through Pagan Theology*. Our society is troubled. From environmental destruction to political extremism, something has gone wrong. But what? Author Catherine Carr suggests theological solutions to the devaluing of life in her primer on Pagan theology. $20 suggested donation. For more information email events@crazywisdom.net.

Book Discussion Groups

Dine and Discuss *The Sing Sing Files: One Journalist, Six Innocent Men and a 20-Year Struggle to Free Them*, by Dan Slepian with Janet Doyle • Wednesday, March 26 • 5 to 7:00 p.m. • In 2002, Dan Slepian, a veteran producer for NBC's Dateline, received a tip from a Bronx homicide detective that two men were serving twenty-five years to life in prison for a 1990 murder they did not commit. This led Slepian to twenty years of investigating claims of innocence and to the unveiling of a flawed justice system. Books available at the Weber Desk beginning January 13. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, January 5, 19, February 2, 16, March 2, 16, April 6 & 20 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information contact Jackie at jackie@thisbreath.com or visit thisbreath.com.

Breathwork: Breathing Life into your Yoga Practice with Joseph Leary • Saturday, March 8 • 1:30 to 2:30 p.m. • Connecting breath to yoga is part of the practice and provides increased stamina, both physically and mentally. We go over breathing techniques, cues, and mindfulness through various poses, movements, and meditations. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Mindful Explorations at Crazy Wisdom: Jackie Miller on Breathwork • Thursday, March 20 • 7 to 8:30 p.m. • Activated breathwork is a form of time travel for deep emotional work. Come explore what makes conscious connected breathing such a powerful practice for growth on all levels. Bring your questions and curiosity! FREE. For more information visit thisbreath.com or email events@crazywisddom.net.

Buddhism

Sunday Morning Meditation Sitting hosted by Still Mountain Buddhist Meditation Center • Ongoing Sundays • 10 to 11:30 a.m. • Non guided silent meditation followed by sharing or dharma talk. FREE. For more information contact Ken at (734) 678-0264 or email kenwmorley@yahoo.com.

Miracle of Mindfulness, a Peer-Led Group • Ongoing Sundays • 6:30 to 8:00 p.m. • The Huron River Mindfulness Community is a safe and inclusive meeting place for anyone to practice mindfulness in the tradition of Plum Village, established by Zen Master, Thich Nhat Hanh. FREE, donations welcome. For more information contact the Huron River Mindfulness Community at (734) 273-9991, email huronrivermc@gmail.com, or visit huronrivermc.com.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Creating Space: Clarity and Insight through Meditation with John Madison and Wendy Weiner • Monday, January 6, 13, 20, 27 & February 3 • 7 to 8:30 p.m. • Meditation provides us with a clear stable mind, necessary for a happy life as well as the foundation for deepening our spiritual journey. This condensed 5-week course offers hands-on experience with the basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of the mind. Free. Donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesday, January 7, 14, 21 28, February 4, 11, 25, March 4, 11, 18, 25, April 1, 8, 15, 22 & 29 • 7 to 8:30 p.m. • Practical Buddhism offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Online only. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

SEM: The Nature of Mind with Elizabeth Hurwitz & Helen Breault • Wednesday, January 8, 15, 22, 29, February 5, 12, 26, March 5, 12 & 19 • 7 to 8:30 p.m. • This course addresses the relationship between energy and mind, the mind's capacity for liberation and wisdom, and continuity of consciousness. It also highlights the mind as an object of concentrated mediation. Discussion group format including concentrated and analytical meditation and presentation. FREE to members. Non-member donation $50. No one is turned away, pay what you can. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Buddhist Art as a Vehicle of Enlightenment with Glenn Mullin • Saturday, January 11 & 18 • 10:00 a.m. to 1:00 p.m. An immersive and experiential experience into the forms of art used as meditational tools in various Buddhist traditions around the world, with special emphasis on the use of sound, movement, and the visual arts; including the use of visualized art forms used in mandala meditation for arousing the primordial mind of natural enlightenment. Online only. $120 Jewel Heart Members/$150 Non-Members. Pay what you can—no one turned away. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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THE CRAZY WISDOM CALENDAR

Buddhism continued...

Chanting for World Peace with Ordained Dharma Teachers • Monday, February 3 through Saturday, February 8 • 6:30 to 7:30 p.m. • A week-long kido chanting and purification service for repentance, peace in the world, and happiness for all beings. Open to all. Donation-based. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Parinirvana Service with Ordained Dharma Teachers • Sunday, March 16 • 10 to 11:30 a.m. • A special service to celebrate the Buddha's passing into Parinirvana. Donations welcome. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Ceremonies, Celebrations, and Rituals

Guru Bhakti Retreat: Honoring the Life of Paramahansa Yogananda with Naren K. Schreiner and Lopamudra Bose • Friday, March 6 through Sunday, March 9 • This weekend we honor the upcoming mahasamadhi commemorations of both Paramahansa Yogananda and Swami Sri Yukteswar. Special services include chanting and meditation, a recording of Yogananda's voice, a traditional Indian 'Arti', hatha yoga, Guru Gita scripture reading and more, along with delicious meals and personal time. $150. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Vernal Equinox Celebration with the Michigan Friends Center • Thursday, March 20 • 5:30 to 9:00 p.m. • We will celebrate the balance of light and dark and the birth of spring with a potluck and fire circle. Bring a dish to share and your own place setting.
For the circle bring a verse, a story, a song, seasonal lore, or a readiness to partake in what others have brought. What is this season saying to you? FREE, donations welcome. For more information contact the Michigan Friends Center at (734) 475-1892 or email manager@mfcenter.org.

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Triple Crane Retreat Center is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

Residential Retreat and Workshop Space Available for Group and Personal Retreats
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

Work-Exchange and Volunteers Program
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

TripleCraneRetreat.org | 7665 Werkner Road, Chelsea MI 48118
Office@TripleCraneRetreat.org | 248.931.5914

Dances of Universal Peace, Spring Equinox with Susan Slack • Saturday, March 22 • 7 to 8:30 p.m. • Dances of Universal Peace are interactive chanting while moving in a simple folk-dance circle taught by certified leaders to live music. No experience is required—we"ll patiently demonstrate songs from the world's spiritual traditions that point to peace, love, and joy, especially in this time of new life. Come solo or bring a friend or three. $10 suggested. For more information visit slacksusan.wixsite.com

Spring Equinox with Esther Kennedy • Sunday, March 23 • 3:30 to 4:30 p.m. • Come and welcome the return of spring with story, song, and gratitude. FREE. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Channeling

Evenings with Aaron & Barbara Brodsky • Wednesday, January 29, February 26, March 26 & April 23 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: $10-$30-single; $40-$120-all. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Remembering Wholeness: Darshan with The Mother & Barbara Brodsky • Friday, February 21, March 21 & May 16 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky, offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Suggested donation: $10-$30-single; $30-$90-all. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Death and Dying

Death Café with Rev. Annie Kopko & Susan Thompson • Tuesday, January 7, February 4, March 4 & April 1• 6:30 to 8:00 p.m. • A discussion group, rather than a grief-support group or a counseling session, with no agenda, objectives, or themes. Hosted on ZOOM. FREE, donations accepted. For more information visit Interfaithspirit.org.

Ann Arbor Death Café with Rachel Briggs, Diana Cramer & Merilynne Rush • Saturday, January 18, February 15, March 15, April 19, May 17 • 11 a.m. to 1:00 p.m. • After a 4½ year hiatus, we meet again at Crazy Wisdom on the third Saturday of every month! Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee available; bring your own snack. FREE. For more info visit DeathCafe.com.

End-of-life Doula Training with Merilynne Rush • Wednesday, January 22, 29, February 5, 12, 19 & 26 OR Tuesday, April 1, 8, 15, 22, 29 & May 6 • 4 to 7:30 p.m. • Learn from an experienced doula and hospice nurse and a diverse team of facilitators. 100-page study guide includes resources on how to set up a business. No prior experience necessary. We emphasize practical aspects of caregiving and addressing the whole person and their "family." Additional mentoring and continuing education offered. $725; scholarships available. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Advance Care Planning Facilitator Training with Merilynne Rush • Wednesday, April 16 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate and discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required. $265, includes online learning modules. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Drumming

Drummunity Circle with Lori Fithian • Saturday, January 18, February 15, March 15 & April 19 • 7 to 8:30 p.m. • Come join us for drumming, singing, and maybe even dancing. All ages welcome, drums provided or bring your own. This is a family-friendly event with a focus on fun rhythm games and community-building activities. No experience expected! FREE, $5 suggested donation. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Unite with Your Heartbeat with Yuliya Koval • Sunday, February 23 • 4 to 6:00 p.m. • Come home to your heartbeat with this sacred drum circle and healing journey. Let the drum guide you to a place of peace. Like waves on a shore, each beat washes away the day's worries, bringing you back to your natural rhythm. Together, we'll create a safe haven where healing happens naturally. This Sacred Circle Offers: traditional drumming meditation, sound healing vibrations, heart-centered breathing practices, and nurturing group energy. Perfect for those seeking inner peace, stress relief, and those ready to experience deep relaxation. $45. For more information visit yuliyasnaturals.com.

14th Annual Drum & Dance Jam with Curtis Glatter • Saturday, April 5 & May 3 • 7:30 p.m. • Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! Bring a drum or use one provided. No experience necessary. $5 Donation Requested. For more information contact the Interfaith Center at (734) 972-6098 or visit interfaithspirit.org.

Energy and Healing

Wild Goose Chi Kung with Master Wasentha Young • Tuesday, January 7, 14, 21, 27, February 4, 11, 18, 23, March 4, 11, 18, 25, 3, April 1 & 8 from 6 to 7:00 p.m. OR Thursday, January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3 & 10 from 10 to 11:00 a.m. • The Wild Goose Form, a series of continuous movements that includes the use of imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Tuesday classes are hybrid and Thursday class are in-person. $215. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, January 30, February 27, March 27 & April 24 • 7:30 to 9:30 • Ascend body, emotion, mind, and soul into unity with Higher Self. Build your new world "muscles" as you learn to co-create your life and health through your new unity. Work in unconditional love for the greater good with Eve Wilson, Master Healer/ World Ascension Worker to help the world to heal and ascend. Meet every four Thursdays by teleconference. $300 or $50 each for the full series of six. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Essential Oils

Experience Essential Oils with Yulia Koval • Sunday, April 27 • 4 to 6:30 p.m. • Are you curious about the mysterious world of essential oils? Let's explore these precious plant treasures together in an intimate, hands-on experience where every scent tells a story. Discover: the fascinating history of aromatherapy across cultures, how essential oils are mindfully sourced and extracted, the properties of different oils, the science behind scent and emotional well-being, the art of blending for purpose and pleasure, and practical ways to incorporate oils into daily life. $45. For more information visit yuliasnaturals.com.

Exercise and Fitness

Franklin Method® Fridays with Suzanne Willets Brooks • Ongoing Fridays • 1 to 2:00 p.m. • This evidence-based class will vary in topics from pelvic floor, spinal movement, shoulder girdle, knees, feet, and balancing. A true body-mind experience, we will explore bone rhythms, muscle, fascia, organs, and our nervous system. Come ready to move, learn and explore and see how your mind can change your body. $40 drop in $35 for members. For more information contact Move Wellness at (734) 224-2560.

Self-Care Sunday for Women with Verapose Yoga & Meditation House, HIIT Happy & Pulse Nutrition • Sunday, January 5, February 2, March 2 & April 6 • 9 to 10:30 a.m. OR 11 to 12:30 p.m. • We are collaborating for a super fun event, and we'd love for you to be a part of it! The day contains a 30-minute Interval Workout, 30-minute gentle Yin Yoga with a Guided Meditation, and 30-minute nutrition education with a Protein shake. Time for gathering/sharing as a community at the end. $45. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Move With Us: Traeger Mentastics with Paola Bardell • Thursday, January 8, February 6, March 6, April 4 & May 1 • 10 to 10:45 a.m. • This gentle form of movement is low key and focused on helping the nervous system to release restrictive patterns. Wear comfy clothing for movement. Paola will also share with you about the table sessions that she offers. $12. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

$1 Intro to Bounce / Rebounding with Laney Lane & Sarah Kreiner • Wednesday, January 15 from 5:30 to 6:15 p.m. OR Saturday, February 8 from 9 to 9:45 a.m. • Learn all you need to get started with rebounding—also known as a mini trampoline workout. They are low impact and so much fun! You'll leave feeling ready to jump into our Bounce classes at The Mix Studios or purchase your own for home. Only $1. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

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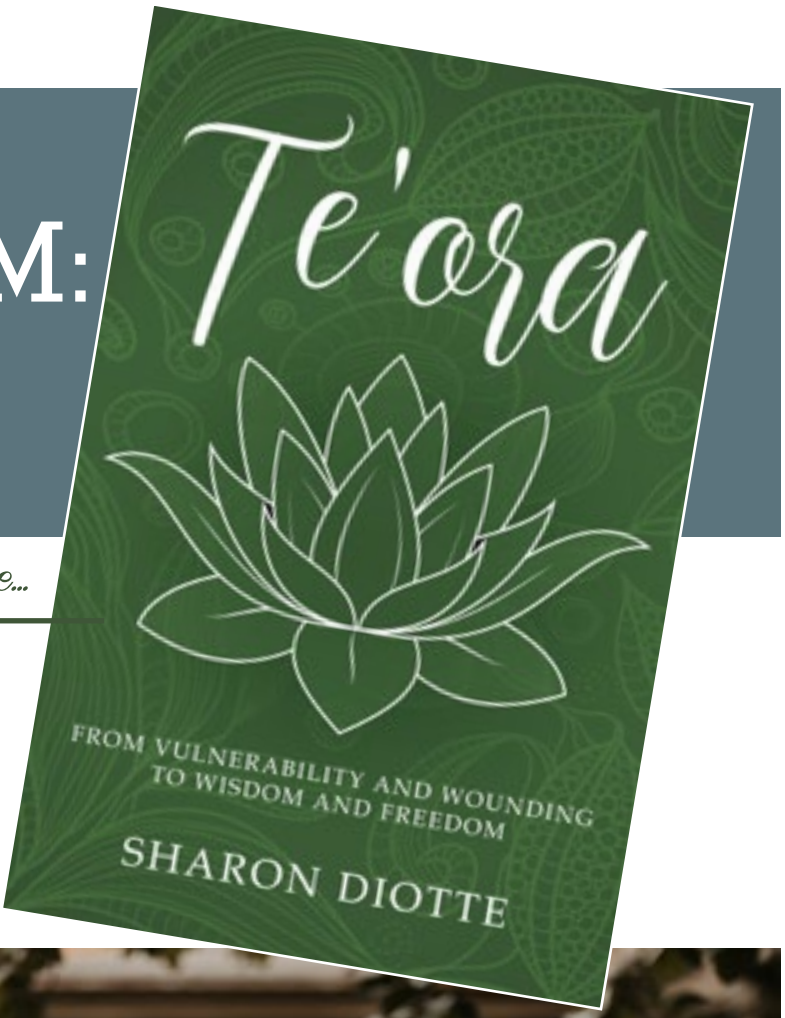
AN EXCERPT FROM:

By Sharon Diotte

an international journey of ancient destiny, self-worth, and true love...



"With age, I am realizing that honestly modeling the human journey from traumas to healing is the best legacy I can leave for my children.

My mom died too early under the weight of abuse. She was not able to model for me how successful womanhood is lived. I want to leave a di#erent inheritance to my kids. I want them to see in my stories that we can and do survive some pretty dark times. The baton I pass to them is hope: the determination to create healing circles of therapists, friends, family, and spiritualists to accompany and guide them as they walk their own paths toward wholeness.Healing is not a magical disappearance of all physical and psychological ailments. We don't completely free ourselves of residual pain, shame, self-criticism, or fear. Rather, we learn how to calm the struggle and how to live well with some aspects of ourselves still broken. We learn to accept all our cracks and love them for how they add to our value.

The Japanese art of kintsugi is a repairing of valuable objects by gluing them together with a sap from the *Rhus Verniciflua* plant mixed with gold or silver, enhancing the cracks, giving the object a refined beauty. It makes every repaired piece unique, stronger, and even more valuable.

That's the goal of my healing: to free myself from the restrictive fear that something is wrong with me because I experienced trauma. Those experiences did not diminish my core self: my goodness, my kindness, my intellect, my heart. Rather, they polished my talents to a higher shine. Neither did my traumas make me a superwoman who has all the answers. They made me a normal woman responding as best I can to the constant bombardment of patriarchal misogyny.

We are not throwaways. We each have our own story and our own beauty made even more brilliant by our inner Kintsugi artist that turns our cracks into pieces of art, enhancing our value, our resilience, and our determination.

Opening wounds to healing light is not a dreamy, mystical breakthrough while sitting at the top of a mountain gazing at the beauty of nature. (I know some people do have such experiences, but they usually come after years of deep self-searching.)

Healing is, partially, a walk through fire. Breakthroughs happen slowly and painfully as the purification process burns off the dross within. My own healing journey taught me how to keep walking the long mile home with an invisible limp.

What does your unique healing journey look and feel like?
Is it finding sisterhood?
Is it keeping your heart open to love?
Is it accepting that you were abused and you survived?
Is it finding the courage to break your silence? To share your story with other women?
Is your gift speaking for other women who can't yet speak for themselves?
Is it about being healed, or about continuing to heal?
Is it the years-long search for healing tools?
Is it the tenacity to never give up?
Is it the commitment to prepare healthy foods for yourself?
Is it building the habit of daily walks in nature?
Is it practicing daily meditation?
Is it the determination to keep believing in yourself enough to keep reaching for wellbeing?"

-Page 351, 352

"I ran from my own story for too long. In writing this book, I discovered the lotus that has been growing in my rich, murky innards. We all drink from each other's stories, so I share with you my own brackish brew. Perhaps you see yourself in some of these pages.

I wish you strength and joy as you travel your own path of healing."

-Page 354

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Fox Hollow

"This is such a captivating children's book. My kiddos absolutely love it! It is beautifully written with engaging vocabulary and stunning illustrations."

"The vocabulary in this book is impressive. Advanced words are seamlessly integrated into the narrative, enhancing the reading experience for young readers without being too complicated."

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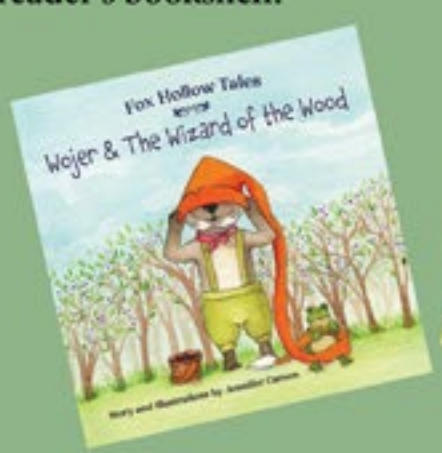

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THE CRAZY WISDOM CALENDAR

Exercise and Fitness continued...

All about Strength Training with Sarah Kreiner • Saturday, January 18 & 25 • Noon to 1:15 p.m. • This workshop is designed to help you learn what you need to strength train safely and effectively. Whether you have been working out for a while or are just starting, you'll learn form, intensity, exercise selection, and more! $60. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

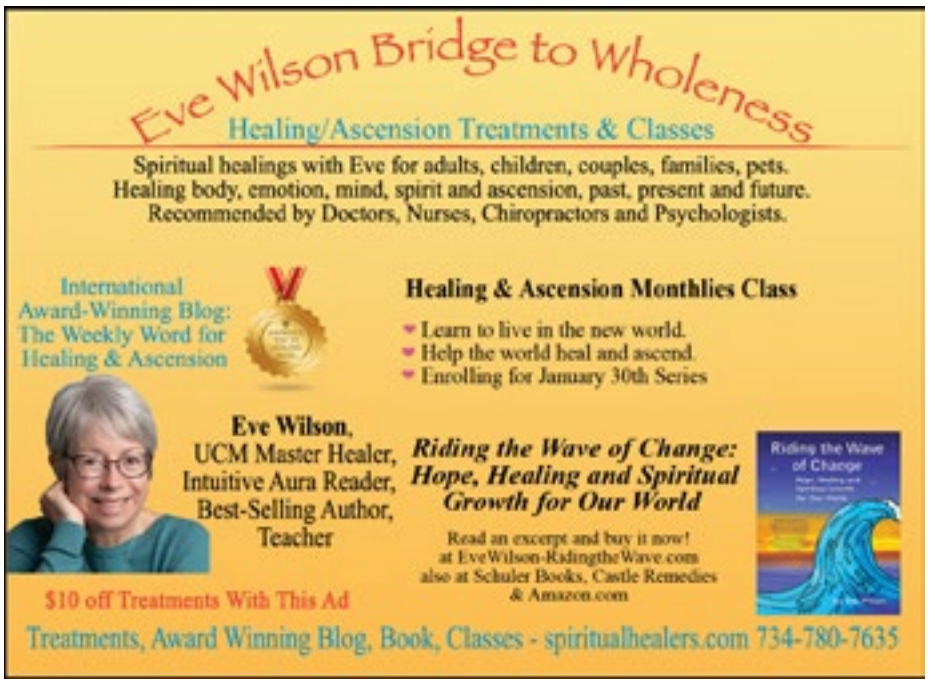
Balanced Brain & Body with Katy Held • Saturday, February 1 • 1:30 to 2:30 p.m. • Adults of all ages, come join us for a fun and engaging playshop of movements and rhythmic passing games. Work your whole brain, body, sense of balance, and destress! Can be done standing or seated). Perfection is not required; fun and laughter is the goal! $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Pelvic Power with Suzanne Willets Brooks • Saturday, February 15 • 1 to 4:00 p.m. • The evidence-based Franklin Method® pelvic power class will help you understand and embody the anatomy of the pelvis, hip joints, sacrum, and the pelvic floor. We will use Dynamic neurocognitive imagery, proprioception, and efficient movement patterning to help you move with more ease and feel at home in your body. $100. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

MOVE Well in Midlife Program with Elaine Economou • Monday February 17, 20, 24, 27, March 3, 6, 10, 13, 17 & 20 OR April 21, 24, 28, May 1, 5, 8, 12, 15, 19 & 22 • 5:30 p.m. A six-week movement program tailored for women moving through the menopause transition. Build a safe, targeted, and effective strength routine alongside peers in a supportive environment. We've planned everything to help you navigate this transition with confidence. $594. For more information contact office@movewellness.com.

Liberate Your Shoulders, Arms & Hands with Suzanne Willets Brooks & Recentered Pilates • Saturday, March 15 • 1 to 4:00 p.m. • In this evidence-based Franklin Method® workshop, we will explore the anatomy of the shoulder girdle, arms, and hands. We will embody our bones, muscle, and fascia through imagery, movement, proprioception, and touch. We express, push, pull, hang, and create with our arms. Learn how to keep this powerful part of our body moving with efficiency. $100. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

Balance and the Vestibular System with Suzanne Willets Brooks • Saturday, April 12 • 1 to 4:00 p.m. • In this evidence-based Franklin Method workshop, we will explore balance and its connection to your ears, eyes, and nervous system. Balance depends on proprioception and our other senses. We will use movement, touch, exercise balls, and resistance bands to help clarify our senses, create better bone rhythms, and muscular connections. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.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Festivals and Fairs

Enlightened Soul 2-Day Psychic Fair with Amy Garber • Ongoing First and Third Weekends • Saturday from Noon to 6: 00 p.m., Sunday from Noon to 5:00 p.m. • Join us for a fun-filled day! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore a variety of readings and healings at one time, under one roof. Events include intuitive tarot and oracle card readings, psychic reading, mediums, energy healers, and spirit art. Saturday $5 and Sunday $3. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Film

Free Film & Discussion with Jewel Heart Instructors • Friday, January 10, February,14, March 14,and April 11 • 7 to 9:15 p.m. • *Aftersun,* 2022. Sophie reflects on the shared joy and private melancholy of a holiday she took with her father twenty years earlier. Memories real and imagined fill the gaps between as she tries to reconcile the father she knew with the man she didn't.

• *Don't Look Up,* 2021. Two low-level astronomers must go on a giant media tour to warn humankind of an approaching comet that will destroy planet Earth. Don't Look Up demonstrates how not listening to Science can turn out. FREE, concessions available. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

• *Take Shelter,* 2012. Plagued by a series of apocalyptic visions, a young husband and father questions whether to shelter his family from a coming storm or from himself. FREE, concessions available.

• *Melancholia,* 2012. Despite all best efforts, a marriage celebration becomes a fiasco with family tensions mounting and relationships fraying. Meanwhile, a planet is heading directly at earth, threatening the very existence of humankind.

Healing

Warrior's Journey 2025: Saving Your Liver (and more!) with Durga Devi • January Through June • 10:00 a.m. • This six-month-long course includes online Monthly content:Asana, Meditation, Pranayama, Detoxes and Rejuvenation with Food as Medicine.You may choose to add Personal Coaching (Monthly 1-hour sessions, with weekly check-ins) Select the Coaching option when you register. $1,008. For more information visit houseofyogavirtual.com.

Healing and the Ever-Healed Workshop via Zoom with Barbara Brodsky, Aaron, The Mother, Tavis Taylor & John Orr • Saturday, February 8 through Thursday, February 13 • 10 a.m. to 2:00 p.m. & 3:30 to 6:00 p.m. • For many centuries we have been in a transitional phase of human consciousness. Right now, we're at a tipping point, preparing to shift into what will come next. Our intention is that through this workshop you find a more stable way to rest in your own divine center and release the distortion within yourself and the Earth. Suggested donation: $180-$660. For more information contact the Deep Spring Center at (723) 477-5848, email om@deepspring.org, or visit deepspring.org.

Client Appreciation Day & 10th Anniversary Open House Celebration with Rob Meyer Kukan and Notes Natural Health • Saturday, April 26 • 2 to 5:00 p.m. • You are invited to a spring Open House to celebrate 7 Notes! Are you a current client? Are you a new client? Are you curious and hope to be a client? This day is for you! Come, check out our offerings, learn about what 7 Notes Natural Health is all about, and celebrate our tenth anniversary! FREE. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Herbal Medicine

Herbal & Natural Medicine Series with Ann Arbor School of Massage, Herbal & Natural Medicine • Saturday, January 4 & 11 • Noon to 2:00 p.m. • We are offering an open house to come by and learn about our year-long Herbal and Natural Medicine Series beginning January 18. Meet Mary Light and browse the apothecary, we are open to your questions! RSVP required. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Mindful Explorations at Crazy Wisdom: Yuliya Koval on Herbs • Thursday, February 6 • 7 to 8:30 p.m. • Join us for a casual evening of fun and entertainment while preparing a healthy herbal tonic. During this event, you will learn about basic herbal mixes, foraging techniques, optimal harvesting times, and interesting methods for herb preservation. Yuliya, who incorporates

practices passed down from her ancestors, will share her knowledge and experiences gained over generations. For more information contact Yulia at ykoval7@yahoo.com or email events@crazywisddom.net.

Holistic Health

Reawakening the Mind-Body-Mother Earth Connection with Robin Lily Goldberg • Monday, January 27, February 3 & 10 • 6 to 7:00 p.m. • This experiential series explores our vastness and interconnectedness. From reflexology to polyvagal theory, we'll rediscover how inner networks like the nervous system communicate with the natural world. By tracing our ties to the Earth, we can remember our wholeness and revive our sense of belonging. $32. For more information contact Robin Lily at robinlily@outlook.com or visit aurily.com.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, January 5, February 2, March 2 & April 6 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability. You will also gain a whole new level of mental clarity and spiritual openness. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, January 7, February 4, March 4 & April 1 • 7:00 p.m. • For Women Only; meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Winter Intensive Webinar & Teleconference with John Friedlander • Thursday, January 16 & Friday, January 17 from 7 to 9:00 p.m., Saturday, January 18 & Sunday, January 19 from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques, seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD set or by permission of instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Mindful Explorations at Crazy Wisdom: Dr. Monalise Chinn on Intuitive Awareness • Thursday, February 27 • 7:00 p.m. to 8:30 p.m. The Art of Discernment: Learn how intuition and understanding the emotional guidance system can make decision-making easier. This seminar will help with moving beyond the linear and logical to whole body awareness when choosing our next steps. Using this awareness and putting it into practice can result in more fulfilling and heart-centered living. For more information contact Yulia at ykoval7@yahoo.com or email events@crazywisddom.net.

Spring Intensive Webinar & Teleconference with John Friedlander • Thursday, April 10 & Friday April 11 from 7 to 9:00 p.m., Saturday, April 12 & Sunday, April 13 from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques, seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD set or by permission of instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Massage

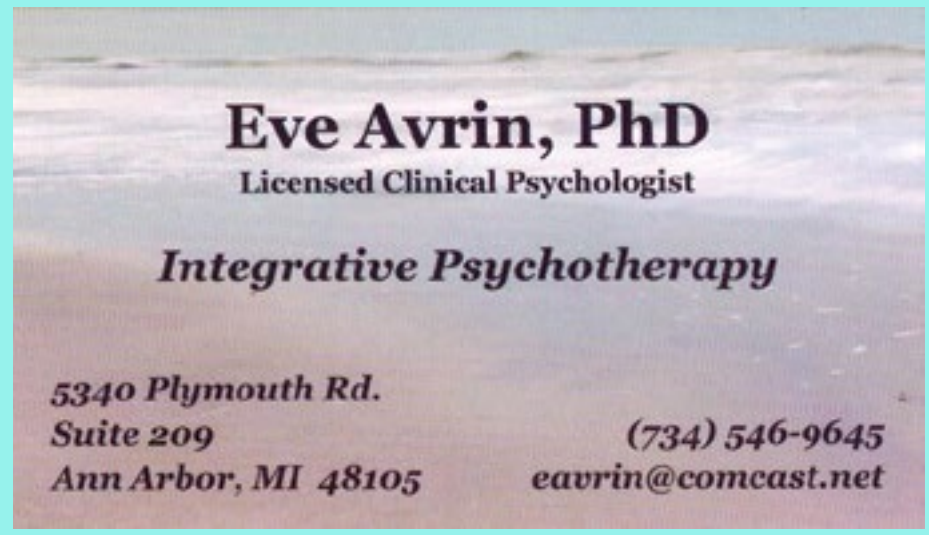
Visit & Observe a Massage School with the Ann Arbor School of Massage, Herbal, and Natural Medicine • Ongoing Thursdays & Fridays, January 9 through February 28 • 11 to 11:30 a.m. • Entering a professional program is an important decision for the student and for the school! You will gather information about our clinic services, prices, and scheduling. We invite those considering a career in bodywork, massage, and the healing arts (including herbal medicine), to drop in on a class. RSVP required. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Demonstration of Supine Massage with Patti Steven • Friday, January 10 • 11 to 11:45 a.m. • Patti Stephen, LMT and AASM faculty, will demonstrate a half hour anterior massage in a quiet setting in our studio with some brief narration. A great opportunity to observe a half hour massage session, Q & A to follow. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Observe a Prone Massage with the Ann Arbor School of Massage, Herbal, and Natural Medicine • Friday, February 7 • 11 to 11:45 a.m. • Oh those tense shoulders! That pain in your lower leg! All this and some great cranial work can be done prone. Observe a professional LMT faculty demonstrate a half hour of posterior bodywork with our class in the studio! RSVP in advance please. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Mindful Explorations at Crazy Wisdom: Denise Held on Reflexology • Thursday, March 27 • 7 to 8:30 p.m. • Denise Held, RN and foot reflexologist, will introduce the fundamentals of foot reflexology and discuss its potential health benefits. She will explain Reflexolo-chi™, the unique technique she

Resources for Conscious Living



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practices, and offer a sample hands-on session for those interested. For more information contact Denise at denisebheld@gmail.com or email events@crazywisdom.net.

TMJ Massage Demonstration with Patti Steven • Friday, April 4 & May 2 • 10 to 10:30 a.m. • Patti Stephen, LMT and long-term dental professional, will offer two demos for guests and students to observe on resolving and approaching TMJ tension. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Meditation

Guided Meditation for Healing & Growth with Mara Evenstar • Ongoing Thursdays • 6:30 to 7:30 p.m. • Feel more grounded, centered, and embodied while expanding your consciousness and disciplining your mind. These meditations will also support your ability to stabilize and maintain access to your sense of well-being and resilience. Great for beginners or as a complementary experience to more advanced practitioners of other disciplines. Donation based. For more information contact Mara at Mara@evenstarschalice.com or visit evenstarschalice.com.

New Year's Sound Bath with Rob Meyer-Kukan • Friday, January 3 • 7 to 8:30 p.m. • Start 2025 with an intention setting meditation and sound! Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Meditation on Compassion with Khenpo Tshering Chophel • Saturday, January 4, 11, 18, 25, February 1, 8, 15, 22, March 1, 8, 15, 22, April 5, 12 & 26 • 10:30 to 11:30 a.m. • Meditating on compassion opens our hearts to genuinely care for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

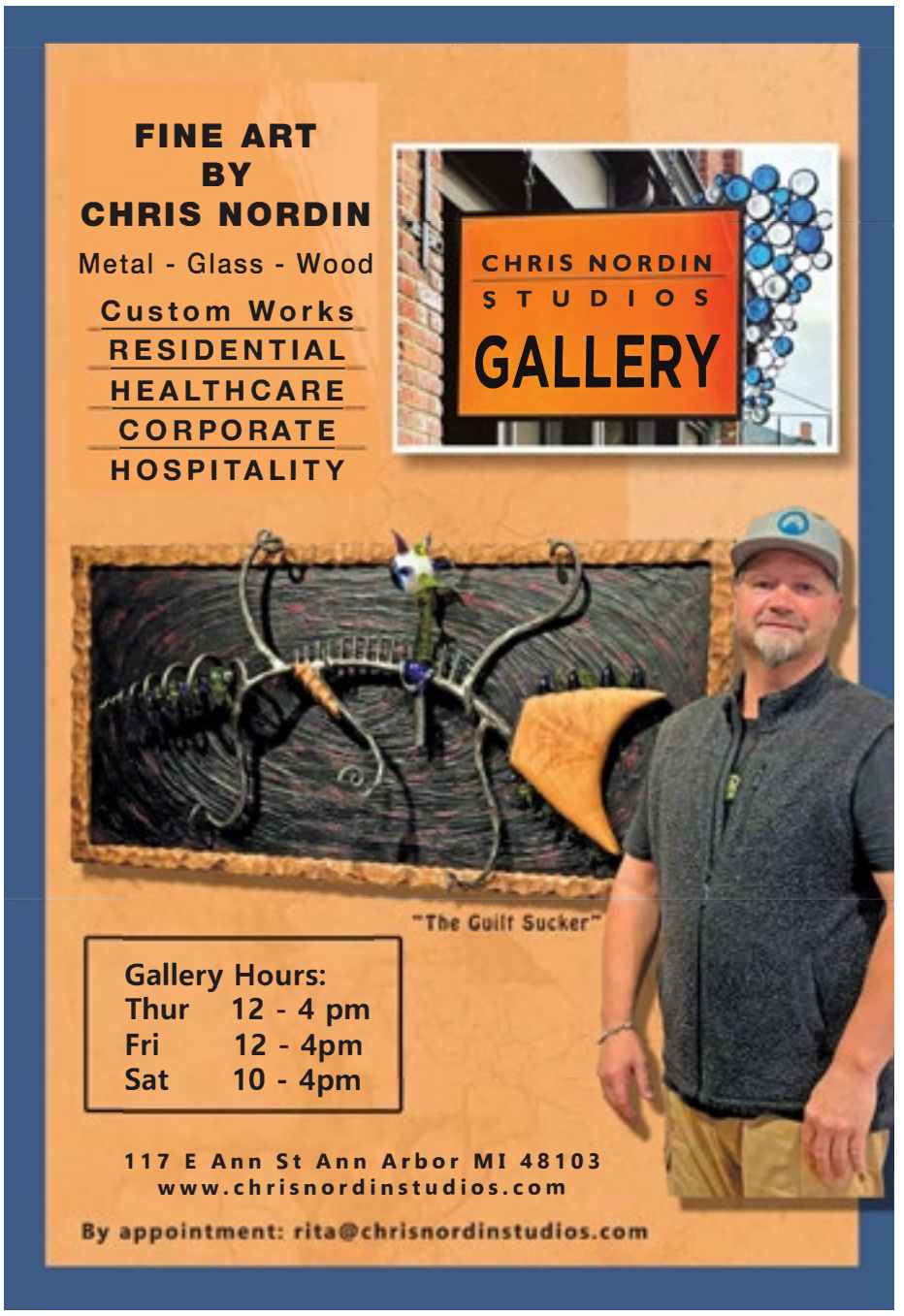
Healing and Compassion Meditations with Hartmut Sagolla • Monday, January 6, 13, 20, 27, February 3, 10, 24, March 3, 10, 17, April 7, 14, 21 & 28 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE. Donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Introductory Meditation Class with Ordained Dharma Teachers • Series Begin Thursday, January 9, February 13 & March 13 • 6:30 to 8:30 p.m. • Each series is five Thursday evenings. The viewpoint of Zen is that life's every moment is fully lived and contains purpose in itself, not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breathwork, meditation postures, concentration, and mindfulness practice. $160 for the series. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Buddha's Enlightenment Sitting with Maum Gloria Cox • Friday, January 10 through Saturday, January 11 • 8:00 p.m. to 4:00 a.m. • Come and meditate to awaken to your true nature, inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8 to 10:00 p.m. and/or 10 p.m. to midnight. After midnight, please stay until 4am. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit, or money for the altar. Everyone is welcome. Donations welcome. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

GOM Day of Meditation with Jewel Heart Instructors • Tuesday, January 25 & March 22 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. Free. Donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

A Day of Mindfulness Meditation with Sister Esther Kennedy • Saturday, February & March 1 • 10:00 a.m. to 2:00 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. $35, lunch included. For more information, contact the Weber Center at (517) 266-4000 or visit webercenter.org.



Mastering Meditation with Kapila Castoldi • Sunday, March 16, 23 & 30 • 2 to 4:00 p.m. • Introductory Meditation Series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques; exploring meditation on the heart chakra; the awakening of inner awareness; the role of music and mantras. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Nature's Harmony/Earth Day Sound Bath with Rob Meyer Kukan • Friday, April 11 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan at Breathe Yoga in Chelsea for a nature's harmony and earth day sound bath. $30. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Music, Sound, and Voice

Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Tuesday January 7 & March 4 & Wednesday, February 5 & April 2 • 6:30 to 7:30 p.m. • Bring your voices and/or any acoustic instrument to sing and play—just for fun! Choose from 300+ songs spanning genres, from ABBA to Seeger. We project lyrics & chords up on the screen so you can sing and/or play along: All instruments, voices and ages welcome! FREE. For more information contact Lori and Jean at (734) 678-6148 or email folksongjamalong@gmail.com.

Didgeridoo Sound Therapy/Sound Bath with Harper & Midwest Kind • Saturday, January 11 • 5 to 6:30 p.m. • A workshop about the ancient Australian Aboriginal wind instrument called the "Didgeridoo" (Yidaki / Mako). They will discuss the many types of didgeridoos available, how they are made, played and their use in Indigenous ceremonies and healing followed by a sound bath experience. $50. For more information visit veraposeyoga.com.

Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, January 11, February 8, March 8 & April 12 • 7 to 9:00 p.m. • Live music in a smoke and alcohol-free venue, in person or livestream on Zoom. John Churchill and Peter Madcat Ruth (January 11), Sari Brown (February 8), Emily Slomovits and Friends, a tribute to Joni Mitchell (March 8), Kath Weider (April 12). $10. For more information visit interfaithspirit.org.

Sound Bath Experience with Katie Schroeder • Sunday, January 12 AND/OR Saturday, February 22 • 4 to 5:00 p.m. • Sound Bath begins with accessible yoga poses. Then you'll settle in and enjoy the calming sounds and vibrations of the singing bowls, tuning forks, and a rain disk. Our instructor uses the sound and her voice to help you wind down from the week, get cleared and energized for the week ahead. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Resonant Relaxation: Daytime Sound Bath with Rob Meyer- Kukan • Wednesday, January 15 & March 19 from 10 to 11:00 a.m. AND/OR Thursday, February 20, & April 17 from 1 to 2:00 p.m. • Are you a busy parent who loves sound baths but can't attend an event in the evening? Do you have a job that requires evening hours? Are you just plain busy? This hour-long sound bath is for you! $30. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Somatic Movement + Sound with Rob Meyer Kukan • Sunday, January 19 • 3 to 5:00 p.m. • Join Rob Meyer-Kukan for an afternoon of movement, release, and rest. We'll start with some breathwork to open our energy channels; eventually we'll add in somatic movement and vocal toning to target areas in the body that have stuck and release heavy emotions. It all ends with a loving and supportive sound bath. $45. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Mindful Explorations at Crazy Wisdom: Rob Meyer-Kukan on Sound Healing • Thursday, January 30 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan of 7 Notes Natural Health in Ann Arbor for an engaging talk on sound therapy. Discover what sound therapy is, why it's so powerful, and observe a demonstration of a brief sound bath. FREE. For more information contact Rob at rob@robmeyerkukan.com or email events@crazywisddom.net.

Transformation and Renewal Candlelight Sound Bath with Rob Meyer-Kukan • Friday, January 31 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan at Breathe Yoga in Chelsea for a candlelight sound bath featuring the theme of transformation. $30. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Intro to Sound Therapy Workshop with Rob Meyer Kukan • Saturday, February 1 • 10:00 a.m. to 4:00 p.m. • In this workshop we will explore how healing with sound works. Participants will learn the basics of sound, the history of sound therapy, the tools used in sound therapy, and the applications for group and individual use of sound therapy. $325. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Community Sound Bath with Rob Meyer-Kukan • Friday, February 7 AND/OR April 4 • 7 to 8:30 p.m. Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Celebrate the Earth with the special Earth Day theme in April! $40. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

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THE CRAZY WISDOM CALENDAR

Music, Sound, and Voice continued...

Cacao + Sound with Rob Meyer Kukan • Friday, February 14 • 7 to 9:00 p.m. • Join us for a special Valentine's Day themed, heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, and over 40 different instruments, Rob will create an experience that will immerse you in peace and tranquility. $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Sound Bath Lessons Kick Off Event with Rob Meyer-Kukan • Friday, March 7 • 7 to 8:30 p.m. • Prepare your heart and mind for the arrival of spring! Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Dreamscape Sound Bath with Rob Meyer Kukan • Friday, March 14 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan at Breathe Yoga in Chelsea for a dreamscape-themed sound bath. $30. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Pagan Spirituality

Witches Night out with Moira Payne • Wednesday, January 8, February 12, March 12, April 9 & May 14 • 6 to 8:00 p.m. • Join like-minded individuals to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! Come to share, listen, learn, and enjoy the gorgeous new space upstairs at Crazy Wisdom. FREE. For more information contact Moira at (734) 846-2012 or email mopayne@umich.edu.

ConVocation 2025 with Christopher Penczak, Benebell Wen, Mat Auryn, Devin Hunter, Priestess Stephanie Rose Bird, and more • Thursday, February 20 at 5:00 p.m. through Sunday, February 23 at 4:00 p.m. • Come celebrate our 30th year at this all-inclusive event with drumming, rituals, hundreds of workshops, vending and art area, psychic readers, a masquerade ball, children's and teen program, and more. We offer classes on mystical and esoteric traditions for beginner to advanced during this 4-day event at the Ypsilanti Eagle Crest Hotel, 4007 Carpenter Rd, #383, Ypsilanti, MI 48197. $125. For more information visit ConVocation.org.

Parenting

Mindful Explorations at Crazy Wisdom: Joy Aleccia on Self-Compassion for Parents • Thursday, January 23 • 7 to 8:30 p.m. • Join Joy Aleccia, MPH, Health Educator at the Washtenaw County Health Department, as we explore how we as parents can have more compassion for ourselves throughout our parenting journey and the impact this can have on our children. For more information contact Joy at joymaw@hotmail.com or email events@crazywisddom.net.

Peace

Peace Generator with Craig Harvey • Friday, January 17, February 21, March 21 & April 18 • 7 to 9:00 p.m. • Join our silent circle as we meditate on and pray for healing, miracles, and peace in ourselves and across the globe. Drop in at any time during this event. Donations gratefully accepted. For more information contact peacegenerator2001@gmail.com.

Personal Growth

Lunch & Learn with the Weber Center • Wednesday, January 15, February 12, March 14 & April 9 • 12:15 to 1:00 p.m. • Topics are as follows: January 15: Looking for Some New & Easy Recipes? February 12: Technology Update. March 14th Oh, My Aching Back! April 9: Spice Up Your Cooking! Bring your own lunch, drinks & dessert are provided. FREE, or $7 with the purchase of lunch from the center. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Who's In Charge? Your Thoughts or You? With Nikki Nanos • Saturday, January 25 • 11:30 a.m. to 1:00 p.m. • Have a few negative thoughts rolling around? Through mindful activities and meditation, you will explore your relationship with your thoughts. Identify the loudest voice, who not only lives within you, but influences how you show up. Learn to recognize, befriend, and consciously make the choice to healthier thinking. $25, students $15. For more information contact Nikki (248) 210-3005, email nikki@nikkinanos.com, or visit nikkinanos.com.

Reiki

Reiki Share for Reiki Practitioners and Non-Practitioners with Verapose Yoga & Meditation House • Sunday, January 5, February 2, March 2 & April 6 • 4 to 5:15 p.m. • A Reiki share is a gathering where people can give and receive Reiki treatments in a group setting. No experience or attunement necessary; this is open to all and is a relaxed, casual atmosphere to share and create connection. $20. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Mindful Explorations at Crazy Wisdom: Suzy Wienckowski on Reiki • Thursday, March 13 • 7 to 8:30 p.m. • Suzy Wienckowski, Reiki Master, will speak on the Usui System of Reiki Healing. It is a gentle, hands-on healing art that promotes balance of the whole person and facilitates healing of the body/mind/spirit. You will have an opportunity to experience Reiki and learn the benefits of a self-practice. FREE. For more information contact Suzy at suzyreiki@aol.com or email events@crazywisddom.net.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, March 22 from 10:00 a.m. to 4:30 p.m. & Sunday, March 23 from 10:00 a.m. to 1:00 p.m.• Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree is a prerequisite. $500. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Reiki continued...

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, April 5 from 10:00 a.m. to 5:00 p.m. & Sunday, April 6 from 10:00 a.m. to 1:00 p.m.• Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Retreats

Silent Reflections with Marylin Beker • Friday, January 17 through Sunday, January 18 • Embrace the opportunity to immerse yourself in the energy of the new year. In the peaceful atmosphere of Song of the Morning Ranch, surrounded by the winter stillness, allow yourself, through silent reflection, meditation, hatha yoga practice, guided introspection, and journaling to prepare for a meaningful 2025. $108. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Beginner's Zen Retreat & Meditation Class with Ordained Dharma Teachers • Friday, January 24 & 25 OR March 21 & 22 • The viewpoint of Zen is that life's every moment is fully lived and contains purpose in itself, not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breathwork, meditation postures, concentration, and mindfulness practice. This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or prefer the overnight retreat, are also welcome. $160. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

It's About Time We Came to Our Senses with Still Mountain Buddhist Meditation Teachers • Saturday, January 25 • 9:00 a.m. to 4:00 p.m. • Join this silent meditation retreat exploring awareness of the "six sense doors" and the perceptual information coming through them. Every sensation or thought that we experience comes from the five sense doors of touch, scent, taste, smell, and sight. In Buddhism, the mind is considered the sixth sense door. Experiential practices will be offered. FREE, donations welcome. For more information contact Karen at kst734@gmail.com or visit stillmountainmeditation.org.

Inner Peace Retreat with Song of the Morning Community & Staff • Friday through Sunday, the weekends of February 7 through 9, OR Friday, March 21 through 23, OR April 11 through 13 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

One Day Meditation Retreat with Ordained Dharma Teachers • Saturday, February 22 & March 8 • 9:00 a.m. to 5:00 p.m. • This retreat includes sitting and walking meditation, simple manual work, vegetarian meals, and rest. It is an interval of deepening, of slowing down, silence, and mindfulness. Vegetarian lunch is included. $60. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Daylong Meditation Retreat with Carol Blotter • Saturday, March 8 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking with a short talk. Find peace and calm in the quiet woods. Appropriate for all levels of meditators. Suggested Donation of $30-60; pay what you can. For more information contact the Michigan Friends Center at manager@mfcenter.org.

Four-Day Spring Retreat (Yongmaeng Jeongjin) with Haju Sunim • Wednesday, April 2 through Sunday, April 6 • This retreat is a silent, intensive period of Zen practice geared toward the experienced student. $240. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Holy Week Retreat with Patricia Harvat • Sunday, April 13 to Thursday, April 17 • "There's a time to live and a time to die. In between there's a time to remember." *Violeta* by Isabel Allende. Journey with Mary during these sacred days and experience the passion and death of Jesus through her eyes and heart. Single room is $425; double $325: commuter $180. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Building Resilience through Meditation: Spring Retreat with Khenpo Tshering Chophel • Friday, April 18 through Sunday, April 20 • Peace can only come from within, and this weekend will provide tools for maintaining your equilibrium and skillfully handling confusing emotions when the ocean of life tosses you off balance. This is a secular retreat taught by a Buddhist monk.! Attend part or all of the weekend, stay on- or offsite. $225 includes meals, optional overnight accommodations additional. No one turned away for lack of funds. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, January 2, 16, February 6, 20, March 6, 20, April 3 & 17• 7 to 8:30 p.m. • Join other shamanic practitioners to explore life cycles and energies. Pre-requisite: must know how to journey. Instruction is not provided in this circle. $25 per session, $40 per month. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

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THE CRAZY WISDOM CALENDAR

Shamanism continued...

Basic Shamanic Journeying with Judy Liu Ramsey • Saturday, February 1 & Sunday, February 2 • 7 to 9:00 p.m. • Shamanic journeying is an easy and powerful tool used to access spiritual information. The class introduces you to shamanism and easy techniques that will help you move safely and intentionally through the world in a balanced way. This class is prerequisite to more advanced shamanic studies, taught online via ZOOM. $160 per person, $80 for repeating students. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, February 4, 11, 18, 25, March 4 & 11 • 7 to 9:00 p.m. • Learn the difference between telepathic and shamanic animal communication; learn how to apply the best of both in an integrated way. Join us for this deeply spiritual exploration of communication. Knowledge of telepathic communication not required. Optional mentoring sessions are offered with this class on Mondays following. Class is online via ZOOM. $300, $150 for repeat students. For more information contact Judy at info@judyramsey.net or visit JudyRamsey.net.

Shamanic Personal Safety: Creating Sacred Protected Space with Judy Liu Ramsey • Saturday, March 15 • 9:00 a.m. to 4:00 p.m. • Learn techniques for creating sacred space, and why energy hygiene is critical in shamanic work. The class will be taught online via ZOOM. $90. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Medicine For the Earth with Judy Liu Ramsey • Wednesday, April 2, 9, 16, 23, 30, May 7 & 14 • 7 to 9:00 p.m. • Transform the energy behind toxic thoughts for balance in yourself and harmony in your world. Connect with nature, spirit allies, and the elements to transform and heal yourself, the community, and environment. Suggested reading: *Medicine for the Earth* by Sandra Ingerman. All traditions welcome. Journeying skills not required. Class is online via ZOOM. $400, $200 for repeating students. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Spiritual Development

Diamond Gathering: Exploring value with Lou Weir • Saturday, January 4 • 9 to 11:30 a.m. • This teaching is open to the public. There will be a meditation, teaching, and personal exploration of the topic of value; how we seek value outside of ourselves and how we come back to see our intrinsic value. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within with Barbara Brodsky, Aaron, and John Orr • Tuesday, January 21, February 4,18, March 4,18, April 1, 22, May 6 & 20 • 6:45 to 9:00 p.m. • The class period will be a mixture of meditation instruction and exploring a question together. What is this true self we find when we release identification to the outer forms of body, emotions, and thoughts? Suggested donation: $180-$630. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Colette Simone & Spirit Friends • Saturday, January 25, March15 & April 26 • 11:00 a.m. to 3:00 p.m. • This workshop reminds us that we are part of a multidimensional cosmos in which there are many other beings. We will consider how we can learn to understand and collaborate with others, bringing the gifts of the human to this inter-cosmos collective. Embrace the diversity and complexity of form and learn to co-create. Suggested donation: single workshop-$30-$110; all three workshops $90-$330. For more information contact the Deep Spring Center at Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

God and the Earth: A Conversation with Elizabeth Johnson • Thursday, January 30 • 7 to 8:30 p.m. • Have you ever reflected on the natural world with the gaze of Jesus? What would it take to expand our sense of community to include all human beings and all creatures as neighbors worthy of our loving care? Elizabeth Johnson draws from her recent book, *Come Have Breakfast* to converse about ecological matters in the light of faith. Live stream only, registration required. $35. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Life's Interruptions: Frustrating Disturbances or Holy Gifts? With Janet Schaeffler • Saturday, February 22 • 9:30 a.m. to 3:30 p.m. • What is your life like? Do you ever feel as though it is more about interruptions than about what you have planned to do? Our time together will explore the question: How do we, as disciples of Jesus, as ministerial leaders, live in and with the interruptions of our lives? $45, includes lunch. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

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Diamond Gathering: Loving the Truth Part One with Lou Weir • Saturday, March 8 • 9 to 11:30 a.m. • This teaching is open to the public. There will be a meditation, teaching, and personal exploration of the topic of loving the truth; how it brings presence to the moment to see what is true for us. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

A Jesuit's Guide to the Stars with Brother Guy Consolmango • Thursday, March 13 • 1:30 to 4:00 p.m. • Jesuit spirituality is centered on finding God in all things. What better represents "all things" than the universe itself? Indeed, Jesuits have figured prominently in the history of astronomy, engaging both the mind and the heart. Registration required, live stream available. $35. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Diamond Gathering: Loving the Truth Part Two with Lou Weir • Saturday, April 5 • 9 to 11:30 a.m. • This teaching is open to the public and accompanies part one. There will be a meditation, teaching, and personal exploration of the topic of loving the truth; how it brings presence to the moment to see what is true for us. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

Diamond Gathering: Practicing Presence with Lou Weir • Saturday, May 3 • 9 to 11:30 a.m. • This teaching is open to the public. There will be a meditation, teaching, and personal exploration of the meditation and practicing presence, a simple but powerful tool for personal understanding. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

Sustainable Living Skills

Winternship 2024 at Strawbale Studio • Sunday, January 5 through Wednesday, February 5 • Unique one month program at Strawbale Studio on rural wooded land one hour north of Detroit. Experience the basics of thatching, reed collection, earth plastering, sculpting, round pole framing, and rocket stove construction. Fireside lectures include site and house design, foundations, code info, fermenting, and whittling! $475-1200. Several worktrade positions available. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Thatching & Reed Collection Two-Day Class with Deanne Bednar •Saturday, January 11 • 9:30 a.m. • Explore this beautiful, ecological, and long-lasting roof system using local Phragmite reed grass. Tour two thatched buildings. Demo and hands-on thatching indoors on a frame. Sunday harvest reed, watch thatching videos. Bednar learned from Danish Thatcher in 1998 during a Strawbale Studio workshop. $55- $120. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

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CRAZY WISDOM

Friday Live Music

January

3rd Songwriters in the Round
Stuart Benbow, Dog Latin, Doug Larsen, Bluesdad

10th Marty Kohn & Patrick Clinton
Singer Songwriters

17th Cesar Aquino
R&B Singer-Songwriter

24th Lewie Austin
Singer-Songwriter

30th Nicholas Martin
Classical Guitarist

7:30 - 9:30pm

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Sustainable Living Skills continued...

Candle-making & Cob Crafts with Deanne Bednar • Saturday, February 15 • 10:00 a.m. to 5:00 p.m. • Enjoy a day of creating with wax and earth, dipping candles, sculpting with cob in the sweet surrounding of the Strawbale Studio land. Bring a friend and relax into the process. Held in the main house on 50 wooded acres. Check out the Strawbale Studio while you are here. $60, includes materials. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org

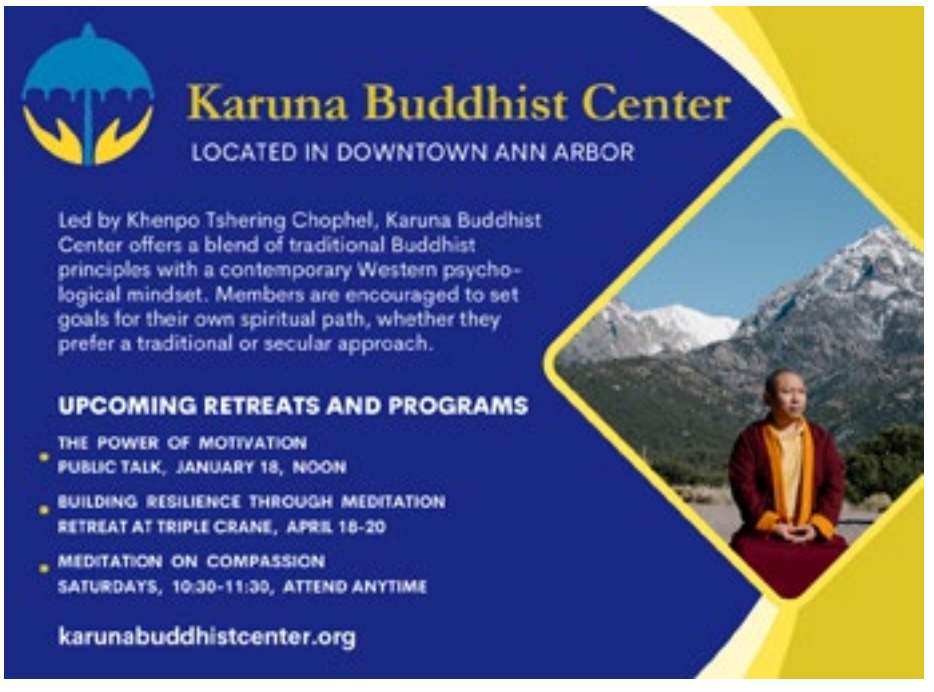
Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, February 23 • 10:00 a.m. to Noon • See the enchanting buildings and grounds, earth oven, living and thatched roofs, sculptural plaster, and strawbale walls. Ask questions! Learn about upcoming tours & classes in sustainable living skills held throughout the year. $20. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org

Tai Chi, Martial Arts, and Self Defense

Chen Style Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays & Saturdays • 4 to 5:00 p.m. • Learn basic training and forms of Chen Style Tai Chi Chuan. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • January 5, 12, 19, 26, February 2, 9, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 3 to 4:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, $5 per session collected at the door. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Beginning Tai Chi with Master Wasentha Young • Monday, January 6, 13, 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 24, 31 & April 7 from 10 to 11:15 a.m. AND/OR Thursday, January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3 & 10 from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! $215. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.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Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

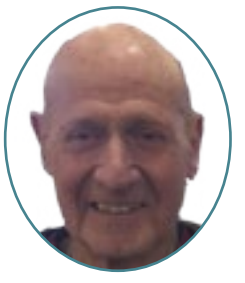
All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

January 22 - Katherine Edgren has authored four collections of poetry, the most recent being *Keeping Out the Noise*. Her work has appeared in *Coe Review*, *Birmingham Poetry Review, Third Wednesday*. Before retirement, she headed a department at University of Michigan Health Service and served as a City of Ann Arbor Council Member.

January 22 - Leslie Schultz has five collections of poetry; *Geranium Lake: Poems on Art and Art-Making* is her most recent. Her poetry has appeared widely in *Poet Lore, Able Muse,* and other journals. She also publishes photographs, essays, and fiction, and happily mucks about in a garden plagued by shade and rabbits.

February 26 - Ron Koertge has had poems twice in *Best American Poetry* and grants from the NEA and California Arts Council. His novels for young adults won two P.E.N. awards. An animated film made from his flash fiction, *Negative Space*, was shortlisted for the 2018 Academy awards. Billy Collins calls his presentations "deliciously smart and entertaining."



March 26 - Jeff Duncan has written a memoir about growing up in Tulsa, three books of poetry, and numerous plays for kids as Playwright-in-Residence at Wild Swan Theater, and for adults at Performance Network. While teaching literature and writing for four decades at EMU, he wrote a book on Emerson and essays on Transcendentalists.

April 23 - Shonda Buchanan is author of the memoir, ***Black Indian,*** and of forthcoming books: ***The Lost Songs of Nina Simone*** and ***Children of the Mixed Blood Trail***. She is a California Arts Council Established Artist Fellow, a PEN Emerging Voices Fellow, and Oxfam Ambassador. She teaches English at Western Michigan University. shondabuchanan.com

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THE CRAZY WISDOM CALENDAR

Tai Chi, Martial Arts, and Self Defense continued...

Gentle Qigong with Rory Walsh • Saturday, January 11, 18, 25, February 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 5 & 12 • 10 to 11:15 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you to center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. $15 Drop-in or $150 for the semester. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Tarot and Divination

Mindful Explorations at Crazy Wisdom: Tarot Without Mystery with Leif Laufeyjarsen • Thursday, January 9 • 7 to 8:30 p.m. • Explore the rich symbolism and meanings of the Tarot, focusing on the Major Arcana and its insights into life's journey. This engaging session offers an introduction to Tarot's history, purpose, and practical uses, with an opportunity for interactive learning. Perfect for beginners and the Tarot-curious! FREE. For more information contact Leif at laufeyjarsen9@gmail.com or email events@crazywisdom.net.

Tea Events

New Year Tea Ceremony and Visioning with Courtney Fitzpatrick • Saturday, January 4 • 2 to 4:00 p.m. • Join Courtney to enjoy the simple, yet profound, ceremonial act of drinking tea together. Through visioning we will deepen our connection to nature, Self, the stillness of the mind, and community for the upcoming year. Supplies included. $45. For more information contact Verapose Yoga & Meditation House at veraposeyoga.com or email veraposeyoga@gmail.com.

Theater

The Elves and the Schumachers Two: Chanukah Boogaloo with Theatre Nova • Friday, December 6 through Sunday, January 5 • Friday 7:30 p.m., Saturday 3:00 p.m. & 7:30pm & Sunday 2:00 p.m. • Join us for another memorable holiday adventure from the team that brought you *The Year Without a Panto Claus and Sugar Plum Panto*! Bring the whole family to laugh, boo, hiss, and sing in this over-the-top evening of heroes and villains, funny songs, and extreme merriment—a mixed-up mash-up of musical comedy slapstick, vaudeville, and fun. Single tickets: $32 for adults, $12 for kids 16 years and under. For more information contact Theatre NOVA at (734) 635-8450, email a2theatrenova@gmail.com, or visit theatrenova.org.

Work and Right Livelihood

Finances for Families with Jesse Geary & Maria Princen • Saturday, February 8 • 11:00 a.m. to Noon • For parents planning their financial futures, sometimes a Google search just won't do. Join this community workshop on the tough topics like saving for kids' college, trying to retire, and reaching your mission and dreams. FREE. For more information contact Maria Princen at (734) 646 0069, emailcontact@geddicapital.com or visit geddicapital.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Writers Workshop: Wednesday, January 8, February 12, March 12 & April 8 • Readings: January 22, April 26, March 26 & April 23 • 7 to 9:00 p.m. • Workshop writers present and discuss their poems and fiction. Featured readers perform; open mic follows. Featured readers: Katherine Edgren, author of *Keeping Out the Noise* (1/22); Ron Koertge, poet, won two PEN Awards (Feb. 26); Leslie Schultz, author of *Geranium Lake* (March 26); Shonda Buchanan, poet & author of memoir *Black Indian* (4/23). FREE. For more information contact Edward at (734) 668-7523, email eacmorso@gmail.com or visit cwcircle.poetry.blog.

Trees Get Along in a Forest: A Hybrid Writing Workshop with Tarianne DeYonker • Saturday, February 22 • 1 to 4:00 p.m. • For eons nature has been teaching about relationships–yes, relationships! In this workshop we'll explore possibilities as we pay attention and open ourselves to learning from her. You're invited to take this time for writing with others, reading what we have written, and learning the strengths that naturally show through our words. $35. For more information contact the Weber Center (at 517)266-4000 or visit webercenter.org.

Yoga

Hatha Yoga with David Black • Ongoing Tuesdays • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures with an emphasis on relaxation, concentration, and breathwork. $12 per session. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Hatha Yoga with Sam Liebermann • Thursday, January 2, 9, 16, 23, 30, February 6, 13, 27, March 6, 13, 20, 27, April 3, 10, 17 & 24 • 9:15 to 10:15 a.m. • On-site only. Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in $15 per session. First visit is free! Cash or Venmo at door. Bring your own mats. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga Workshop: Turn Up for Twists with Joe Leary • Saturday, January 11 • 1:30 to 2:30 p.m. • Start the new year with getting into twists! Twists rejuvenate the body when done correctly, leaving you feeling refreshed, calm, and aligned. Take the time to learn how to move into twists and how your hips, spine, and shoulders all play a role in getting to these poses. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Toddler Yoga with Courtney Fitzpatrick • Saturday, January 4, February 1, March 1 & May 5 • 8 to 8:45 a.m. • We'll be playing games, trying out some yoga poses, read a yoga-related book and have some fun! This is a wonderfully relaxed time to explore movement and to have some quality time together. $25 per class. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Monthly Moon Flow & Gathering with Courtney Fitzpatrick • Friday, January 10, February 8, March 14 & April 12 • 6:30 to 8:30 p.m. • Join us for this special offering to celebrate the full moon, which blends gentle yoga and movement, storytelling, as well as ample time for sharing/connecting and contemplation. $40. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Valentine's Day Partner Yoga with Courtney Fitzpatrick • Friday, February 14 • 7 to 8:30 p.m. • Give your loved one a gift of your undivided attention, support and love while we move together in this fun partner yoga playshop! Of course, our Valentine's practice wouldn't be complete without enjoying some delectable sparkling cider and chocolate! $50. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Sound Bath and Yoga Experience with Katie Schroeder • Sunday, January 12 AND/OR Saturday, February 22 • 4 to 5:00 p.m. • Sound Bath begins with accessible yoga poses. Then you'll settle in and enjoy the calming sounds and vibrations of the singing bowls, tuning forks, and a rain disk. Our instructor uses the sound and her voice to help you wind down from the week, get cleared and energized for the week ahead. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Yoga Workshop: Balance is Not Just in the Legs with Joseph Leary • Saturday, April 12 • 1:30 to 2:30 p.m. • We all want balance, and as we move into spring, we can take lessons from yoga into life. This workshop is about finding balance in both standing and non-standing poses, in our bodies and minds. Some inversions may be taught with support, such as headstand if it is more comfortable. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

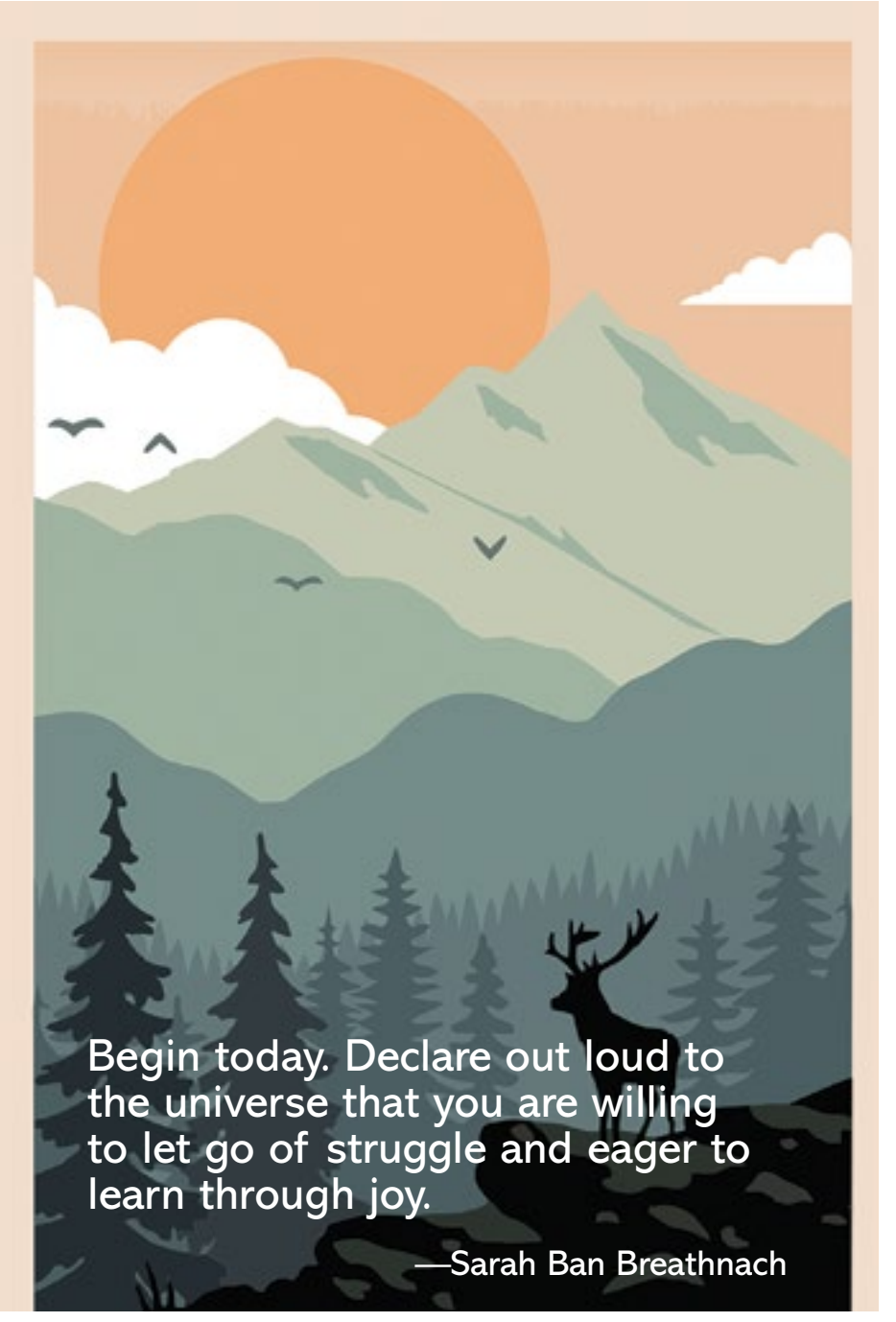
Yoga Workshop: Mudras (Hand Poses) with Joseph Leary • Saturday, May 17 • 1:30 to 2:30 p.m. • Mudras are hand poses, each utilized for a unique intention. They can be used during yoga asanas, or more commonly, during meditation practice. This helps to set the intention of your practice as well as create energy connections through the hands and arms. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Writers Wanted

Great way to be visible in the community, and connected.

We are always looking for good articles about the holistic scene…
reportage, personal journaling and essays, profiles, interviews, journalistic explorations,and other feature writing.

Modest but respectable pay. If you might be interested, please send a letter of interest and links or PDF samples of previously published writing to jennifer@crazywisdom.net.


Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy.
—Sarah Ban Breathnach

A Fourth-Generation Herbalist's Journey

By Yuliya Koval

For generations, our ancestors have preserved seeds, leaves, flowers, and roots using natural methods for self-healing. To honor their legacy, connect with my elders, and pass on this knowledge, I made it my mission to practice herbalism and educate anyone willing to learn about the amazing world of plant medicine. I learn something new every day when I am in nature. I take time to listen, pay attention, and trust the universe.

Since a very young age, I have been sensitive to scents and smells. I enjoyed the natural flower fragrances in the summertime when I was roaming around the forests and valleys of Ukraine with my grandmothers and aunts, from whom I learned how to mix various herbs when making tea.

For generations, our ancestors have preserved seeds, leaves, flowers, and roots using natural methods for self-healing.

With time, as a teenager, I pursued studying yoga and the Tibetan art of meditation and mindfulness, which would come in very handy later in life as I studied foreign languages and eventually arrived in the United States, where my family immigrated.

Essential oils came into my life naturally during, and especially post-partum, after the birth of my first child. I felt drawn to working with the essential oils to help my mood and emotions. I decided to further my knowledge in applying essential oils in daily life, and I have been on this journey for 20 years. A holistic approach to health, and finding natural methods of disease prevention, is my goal. I enjoy researching how plants can help humanity. I am fascinated by how many benefits exist in the power of the bark, roots, leaves, flowers, and buds. Every day I learn something new about this abundant world.

Along with these studies that directly influence my olfactory system, I have learned that the oils also use application mechanisms to work on the cellular level: through the skin and gastrointestinal system for example. Not only do oils influence the emotional state, but they also vibrate on an energetic level.

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In 2018, I began my studies of Reiki at the Beaumont Hospital in the Department of Integrative Medicine. I have learned how Reiki is applied in the clinical cases of patients as well as for the caretakers. I have been working with people who have recently come out of surgical procedures as well as the therapists who work with patients daily. The more I see this incredible source of Universal Light in action, how it soothes one's nervous system with its healing effect, and how it brings calm to a patient, I am humbled and amazed. I have been practicing applying essential oils for children and teenagers to soothe their busy and anxious nature. I truly believe that in these days of informational overload we are in strong need of such an incredible source of calm. This motivates me to continue practicing Reiki with a focus on the energetic meridians of the human body via olfactory nerve stimulation through the senses, reflexology pressure points to activate one's energetic meridians, and Reiki to achieve full homeostasis, recalibration, and freshness.

As a fourth-generation herbalist, I have a deep understanding of natural remedies. The wisdom passed down from my elders has been a part of me since my childhood in Ukraine. Spending time harvesting herbs in my backyard is a mindful and meditative activity for me. I enjoy picking fresh violets, crushing the leaves, and using them for poultices, soups, and teas. I believe that plants serve a purpose, so I make it a point to communicate with them and listen to what they have to say.

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I strongly believe in the connection between emotional and physical health. I've dedicated time to researching and studying plants by delving into various materials to understand their healing properties. This has inspired me to follow in the footsteps of my herbalist teachers and create herbal remedies. I meticulously forage plants in White Lake, Michigan, and also source exotic plants such as Umckaloabo root from trusted suppliers around the world to ensure the highest quality for my offerings.

I am very thankful and excited that I can sustainably process these plants and preserve their properties for when they are needed. My methods of preservation and processing include drying the herbs and creating cold infusions, decoctions, tinctures, glycerites, syrups, herbal honey, skin creams, poultices, and bath mixtures. Consistent use of the essential oils helps to improve quality of life for people with long-term health problems like dementia, ease certain types of pain, serve as a strong antibacterial and analgesic, ease some of the side effects of cancer treatment, like nausea and pain to name a few.

I have been studying various modalities of holistic care throughout the years and have proven results of the care that works. Between Aromatherapy, Energy Work, Massage, Acupressure, and Herbal Medicine, I have seen many great benefits of deep relaxation and mindfulness. I work with each patient to help them reach a state of self-care and self-kindness as I consider those to be the major drivers for the wholesome-happy being.

Yuliya Koval is a Corewell Health Certified Integrative Medicine Practitioner and Reiki Master living in White Lake. She sells her naturally made products online at yuliyasnaturals.com. You can also schedule a healing session and browse her workshops online or email her at healingwithyuliya@gmail.com.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
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Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
Oz's Music
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Washtenaw Community College Student Center
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To appreciate the beauty of a snowflake it is necessary to stand out in the cold.

—Aristotle